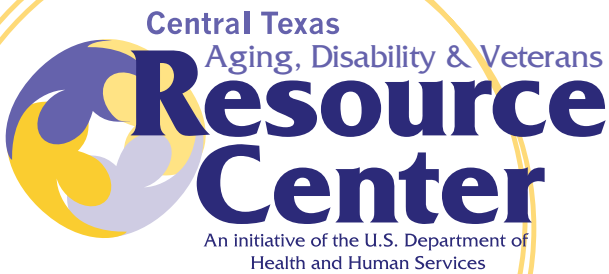


IT'S ALL ABOUT
YOU
INFORMATION TO
EMPOWER YOU



Call 1-855-937-2372

www.ctadvrc.org
2180 North Main, Belton, Texas 76513
Central Texas Council of Governments Building

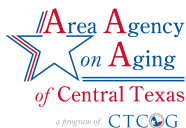
January 2016

IT'S ALL ABOUT CTADVRC PARTNERS

Organizations who provide services through the
Central Texas Aging, Disability & Veterans Resource Center (CTADVRC)



www.dads.state.tx.us



www.aaact.org



www.211texas.org



www.ccmhmr.org



www.hoc tilc.org



www.hccaa.com



www.childteam.org



www.special-children.org



www.dars.state.tx.us

The CTADVRC serves individuals in Bell, Coryell, Hamilton, Lampasas, Milam, Mills and San Saba counties. You may also contact your local Mental Health/Mental Retardation Service Center, Hill Country Community Action Agency, Senior Center or Family Planning Clinic.

* Please note that certain services and programs have specific eligibility requirements.

IT'S ALL ABOUT YOU

The Central Texas Aging, Disability & Veterans Resource Center is a single point of entry to **access support programs and benefits** and serves as a highly visible, trusted and valued place where people of **all incomes and ages** can turn for information on the full range of long term support options based upon **individual choice**.

- **Empower** individuals and families to make informed decisions.
- **Streamline** access to a wide array of services offered through public and private resources.
- **Serve** individuals, professionals and the community as a visible, highly valued, trusted resource for information and counseling concerning your options.

Central Texas Aging, Disability & Veterans Resource Center

1-855-937-2372

1-800-447-7169

www.ctadvrc.org

2180 North Main
Central Texas Council of Governments Building
Belton, Texas 76513

This project was supported, in part, under grants CFDA #s AoA 93.048 and CMS 93.779 from the U.S. Department of Health and Human Services, Administration on Aging and the Centers for Medicare & Medicaid Services. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. These contents, however, do not necessarily represent the policy of the U.S. Department of Health and Human Services, and you should not assume endorsement by the Federal Government.

This publication has been created or produced by the Texas Department of Aging and Disability Services, the Central Texas Area Agency on Aging, and the Central Texas Aging, Disability & Veterans Resource Center with financial assistance, in whole or in part, through funds from the Administration for Community Living.

PLEASE NOTE: Any and all programs information provided and services offered are subject to change based on funding availability of new program services implementation.

IT'S ALL ABOUT **YOUR OPTIONS**

The Central Texas Aging, Disability & Veterans Resource Center through the **Area Agency on Aging** can assist you with the availability of the following services and community-based programs that will help you with your long-term support options.

- *Benefits & Long-term Care Options Counseling*
- *Short Term Care Coordination*
- *Caregiver Informational & Support Services*
- *Medicare Part D Prescription Drug Plan Enrollment*
- *Legal Awareness*
- *Nursing Facility Ombudsman*
- *Education and Training (including Support Teams for Caregivers, Chronic Illness Self Management, Fall Prevention, Long-term Care Planning and more.)*

1-855-937-2372

1-800-447-7169

www.aaact.org



a program of **CTCOG**
central texas council of governments

IT'S ALL ABOUT **YOUR** **ENTITLEMENTS**

The Central Texas Aging, Disability & Veterans Resource Center through the **Department of Aging and Disability Services** can provide access to Long Term Services and Support Services that are the best fit for you.

- *Community Care Programs*
- *In Home Services*
- *Community Based Alternatives (CBA)*
- *Community Living Assistance and Support Services (CLASS)*
- *Deaf-Blind with Multiple Disabilities (DBMD)*
- *Medically Dependent Children Program (MDC)*

1-855-937-2372

www.dads.state.tx.us



IT'S ALL ABOUT **YOUR** **SELF-DETERMINATION**

The Central Texas Aging, Disability & Veterans Resource Center through the **Central Counties Services for Behavioral Health and Developmental Disabilities** assists you with the availability of services that will contribute to your well being.

- *Diagnosis and Psychological Assessment*
- *Continuity of Service Between Community and State Facilities*
- *Continuity of Service Between Community Medicaid Facilities*
- *Service Coordination*
- *In-home and Family Support*
- *Community Inclusion Training*
- *Behavioral Supports*
- *Site-based Rehabilitation*
- *Employment Related Services*
- *Respite Care*
- *Access to Home and Community-Based Medicaid Waiver (HCS)*
- *Specialized Services for Nursing Facility Residents*

1-855-937-2372

www.ccmhmr.org



IT'S ALL ABOUT **YOUR** **INDEPENDENCE**

The Central Texas Aging, Disability & Veterans Resource Center through the **Heart of Central Texas Independent Living Center (HOCTIL)** provides services that promote independence for people with disabilities by helping them realize their DREAMS and ABILITIES.

“Your Life.... Your Way.”

- *Advocacy for Individual & “Systems Change”*
- *Information, Resources & Navigation*
- *Peer Support*
- *Fitness, Health & Self-Management Skills Training*
- *Employment & Training Services*
- *Community Living & Transition Services*
- *Benefits Counseling: SSI, SSDI, Medicaid & Ticket to Work*
- *Community Collaboration*
- *COOL TOOLS*

254-933-7487

www.hoctilc.org

Funded in part by a grant from the Department of Education Rehabilitation Services Administration



IT'S ALL ABOUT **YOUR LIFE**

The Central Texas Aging, Disability & Veterans Resource Center through **Hill Country Community Action** can assist you in accessing various services and community action programs that will allow you to have a better life.

- *Head Start*
- *Aging Services - Congregate and Home Delivered Meals*
- *Senior Centers*
- *Weatherization*
- *Energy Assistance*
- *Family Planning Referrals*
- *Children's Health Insurance Program*
- *Temporary Assistance to Needy Families*
- *Food Stamps*
- *Medicaid*
- *Women's Health Program Referrals*
- *Long Term Care*
- *Case Management*

1-855-937-2372

www.hccaa.com



Hill Country Community Action

IT'S ALL ABOUT **ANSWERS**

The Central Texas Aging, Disability & Veterans Resource Center will provide you with information and service options that will best fit your needs.

- *Accessibility of Benefits*
- *Access to Education*
- *Access to Employment*
- *Aging Services*
- *Assistive Technology*
- *Community Services*
- *Dental & Medical Services*
- *Hearing & Vision Services*
- *Information Referral*
- *Intellectual & Developmental Disabilities Services*
- *Legal Services*
- *Mental Retardation Services*
- *Physical Disability Services*
- *Social Services*
- *Special Education Services*
- *State & Federal Agencies*
- *Volunteer Opportunities*
- *Youth Services*

For information on any of the following services call:

1-855-937-2372 or 211



IT'S ALL ABOUT **YOUR FUTURE**

The Central Texas Aging, Disability & Veterans Resource Center through **Children's Special Needs Network** can assist you in accessing services for children who are diagnosed with physical or psychological special needs. The following services will allow you to take ownership of your family's future.

- *Information & Referral*
- *Family Counseling Services*
- *Resource & Assistive Technology Libraries*
- *Training for Medical Personnel*
- *Parent & Health Care Professional Training Workshops*
- *Saturday Afternoon Respite*
- *Minor Home Modifications*
- *Medical Equipment Loan Closet*
- *Limited Resources to Cover Medical Expenses*
- *Scholarships to Summer Camp*

254-933-7597

www.special-children.org



IT'S ALL ABOUT **YOUR CHILDREN**

The Central Texas Aging, Disability & Veterans Resource Center through **Early Childhood Intervention** can assist families who have children, birth to age 3, with disabilities or delays in development. The following services can bring purpose and meaning into each day of your family's life.

- *Child Screening and Assessments*
- *Coordination of Services*
- *Individualized Family Plans, Education and Support*
- *Activities to Enhance Children's Development*
- *Physical, Occupational and Speech Therapy*
- *Health and Medical Services*
- *Assistive Equipment and Devices*
- *Assistance with Transition to Other Community Services*
- *Respite Care*
- *On-Site Support to Child Care Providers*

254-773-6787

www.childteam.org



IT'S ALL ABOUT **YOUR HEALTH**

The Central Texas Aging, Disability & Veterans Resource Center and **Scott & White's Program on Aging and Care** provides the following health promotion services at no cost:

Transitional Care

If you become hospitalized, ask to meet with a Transition Coach before you are discharged.

A Transition Coach supports your recovery by:

- *Working with you to set health goals*
- *Assisting you in completing a personal health record*
- *Helping you create a medication list*
- *Making a list of questions for you to take to upcoming doctor's appointments*

Caregiving Supports

If you are providing care to a person with dementia, you can find helpful information at the following:

- *National Institute on Aging:*
www.nia.nih.gov/alzheimers
- *Alzheimer's Association:*
www.alz.org
- *National Council on Aging:*
www.ncoa.org

You can also find local support at the Central Texas ADVRC.



IT'S ALL ABOUT **YOU AS A CAREGIVER**

The Central Texas Aging, Disability & Veterans Resource Center and you can work together to share the care.

- *Caregiver Counseling*
- *Education and Training*
- *Family Caregiver Support*
- *Short-term Respite Care*
- *Support Group Development*

Support Team Concept:

Do what you can, when you can, in a coordinated way, with a built in support system.

For information about joining or creating a support team, call:

1-855-937-2372

www.rosalynncarter.org

www.nqcn.org



IT'S ALL ABOUT **YOUR** **UNITED WAY**

In order to improve lives in Central Texas, **UWCT** focuses on the four building blocks of life:

Education, Financial Stability, Health and Basic Needs

A healthy community learns well, earns well, and lives well. Through initiatives and investments guided by community volunteers, **United Way of Central Texas** advances the common good in conjunction with its many partner agencies and community impact partners. That's why we've incorporated these key building blocks into our collective impact strategy.

Education: *Our partner agencies offer several early childhood education programs to increase the mental, emotional, and physical skills of hundreds of Central Texas children.*

Financial Stability: *UWCT is engaged in activities and initiatives to help build the financial stability of families in our community. Keeping money in the local economy through these programs is good for families, small business, and the community as a whole.*

Health: *Whether it is a neighbor without health insurance, a victim of abuse, or someone struggling with mental illness or an addiction, we are working to ensure everyone in our community can receive any and all help needed so they can focus on improving their lives rather than simple survival.*

Basic Needs: *We are committed to ensuring that families are stable and in a safe environment.*



IT'S ALL ABOUT **YOUR** **EMPLOYMENT**

The Central Texas Aging, Disability & Veterans Resource Center through the **Department of Assistive and Rehabilitative Services (DARS)** can help people with physical or mental disabilities prepare for, find, or keep a job.

Division for Rehabilitation Services

254-770-5800

- *Employment Assessing and Planning*
- *Counseling to Assist with Obtaining or Maintain Employment*
- *Training in Job Skills and Behavioral Skills*
- *Hearing Exams, Hearing Aids and Other Communications Equipment, and Interpreter Services*
- *Treatment and/or Therapy to Lessen Employment Obstacles*
- *Rehabilitation Technology such as Artificial Limbs, etc.*
- *Job Placement Assistance*

Division for the Blind

254-753-1552

- *Assessments*
- *Rehabilitation, Counseling, Referral*
- *Services for Deaf-blind Individuals*
- *Technological Aids and Devices, Reader Services, Transportation*
- *Vocational Training*



IT'S ALL ABOUT YOUR BENEFITS

The Central Texas Aging & Disability Resource Center Area Agency on Aging, through funding from the **Centers for Medicare & Medicaid Services**, can assist you in determining if you qualify for Extra Help and/or Medicare Savings Programs.

EXTRA HELP with Medicare Prescription Drug Plan Costs: If you have limited resources and income, you may qualify for Extra Help with costs related to Medicare prescription drug plans:

- *Monthly Premium*
- *Annual Deductibles*
- *Prescription co-pays*
- *Closes coverage gap (donut hole)*



MEDICARE SAVINGS PROGRAMS are programs that help individuals with limited income and resources pay some or all of their Medicare premiums and deductibles.

MEDICARE PREVENTIVE CARE SERVICES

The new health care reform law eliminated copays and deductibles for most preventive care services covered by Original Medicare.

Medicare beneficiaries are eligible to receive free preventive care services:

- *Annual Wellness Screening*
- *Welcome to Medicare Physical Exam*
- *Vaccinations: Pneumonia; Flu and Hepatitis B*
- *Screenings: Cardiovascular, Osteoporosis, Diabetes, Breast, Prostate, Cervical, and Colon Cancer*
- *Medical Nutritional Therapy*
- *Smoking Cessation*



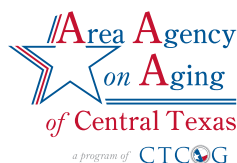
Now it is your turn to get the most out of the benefits YOU have earned. Contact the Area Agency on Aging of Central Texas for information.

1-855-937-2372

www.ctadvrc.org

1-800-447-7169

www.aaact.org



IT'S ALL ABOUT YOUR BALANCE

The Central Texas Aging, Disability & Veterans Resource Center **Evidence Based Programs** taught by certified trainers, help you take charge of your life with Better Choices, Better Health and A Matter of Balance.

- *Find practical ways to deal with pain, fatigue, and stress*
- *Discover better nutrition and exercise choices*
- *Future plans for health care*
- *Emphasis on practical coping strategies*
- *Learn better ways to talk with your doctor and family about your health*
- *Get much needed support*

Chronic Illness Self-Management/Diabetes Self- Management

The Texas Department of Aging and Disability Services (DADS), through it's Texas Healthy Lifestyles program, serves Texans by providing information about the risks associated with disease and the benefits of a healthy lifestyle. This program is designed to encourage positive thinking, teach fatigue, pain & symptoms management, build communication skills, develop action planning and teaches many more problem-solving activities that will help Texans make informed treatment decisions.

A Matter of Balance Managing Concerns about Falls

A Matter of Balance is a class that can help you learn more about exercises to improve your strength and balance. This program was designed to decrease fear of falling and increase activity levels. Participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance.

Whatever YOUR ongoing condition... diabetes, arthritis, high blood pressure, heart disease, chronic pain or other related health issues evidence based programs offered by the Area Agency on Aging of Central Texas can help YOU find balance in your life.

Learn how to Thrive-Not just Survive!!!



A Matter of Balance: Managing Concerns About Falls
This Program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.
A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).
Funded in part by the Texas Department of Aging and Disability Services



Evidence based program established by:



IT'S ALL ABOUT **YOUR CHOICES**

The Central Texas Aging, Disability & Veterans Resource Center Money Follows the Person (MFP) **OPTIONS Counseling** Program provides (**non-Medicaid**) Nursing Homes residents and their loved ones information and resources about alternative long-term care living options available in order to return to a community setting.

Make your own choices about how and where YOU receive your care!

- *Your Home*
- *Senior Apartments*
- *Independent Living Facilities*
- *Assisted Living Facilities*
- *Adult group Homes*

Those Eligible:

- *Currently reside in a Nursing Home*
- *Currently in a hospital being discharged to a Nursing Home*
- *NOT eligible for Medicaid*
- *Want to discuss the option of transition out of the Nursing Home*

OPTIONS counselors are available to provide supportive information about community living resources fitted to your needs and preferences.

1-855-937-2372

www.aaact.org

www.ctadvrc.org

www.hoctilc.org

www.cms.gov



Funded by the Texas Department of Aging and Disability Services and the Centers for Medicare and Medicaid Services

IT'S ALL ABOUT **YOUR** **CARE TRANSITIONS**

The Central Texas Aging, Disability & Veterans Resource Center (CTADVRC) provides the **Central Texas Care Transitions Program (CTCTP)**. The program is an evidenced based, patient-centered program developed to reduce 30 day re-admissions to the hospital by empowering patients to become more involved in their healthcare management to facilitate safe transitions across care settings. The CTADVRC offers two evidence based care transition interventions. See below for a brief description of both:

Care Transition Intervention

- Coach interacts with the patient four times over 30 days (In the hospital, at home, and two follow-up phone calls)
- The Four Pillars of CTCTP
- Medication review and safe management
- Maintenance of a personal health record (PHR)
- Recognition of “red flag” symptoms
- Medical follow-up
- Filling gaps in care after discharge
- Reduction in preventable 30 days re-admissions
- CTCTP patients determined to be at risk for re-admission to the hospital or SNF

These services are provided to the Central Texas Aging and Disability Resource Center service area.



Bridge Model Call Center

The Bridge Model is a short-term social worker-facilitated telephonic transitional care intervention. The Bridge Transition Coach has contact with the patient through 3 to 4 phone calls during a 30 day period. A home visit may be needed if a Bridge Transition coach determines it is necessary. The initial phone call includes a thorough social work assessment to address the bio-psychosocial factors that may challenge patients and their caregivers in their transition home. The Bridge Model emphasizes collaboration among hospitals, community-based providers and the Aging Network in order to ensure a seamless continuum of health and community care across settings.

These services are provided to the Central Texas Aging and Disability Resource Center service area.

IT'S ALL ABOUT **YOUR** **MILITARY COMMUNITY**

The Central Texas Aging, Disability & Veterans Resource Center (CTADVRC), through funding from the Department of Veteran Affairs assists Veterans and their dependents in determining resources that are available to them. The CTADVRC provides Veterans, active military and their family assistance through the following four programs:

Veterans Options Counseling

Our Veteran Options Counselors provide Veterans over the age of 60 and/or with disabilities decision supports regarding long-term service and support options available in the community. The Veteran or family caregiver receives information on options which may include services available through the Department of Veterans Affairs, the Veterans Commission; or civilian community services.

Veterans Directed Home and Community Based Services Program (VDHCBS)

Veteran-Directed Home and Community Based Services provides Veterans of all ages the opportunity to receive consumer-directed Home and Community Based Services. VDHCBS is for Veterans who need skilled services, case management, and assistance with activities of daily living (e.g., bathing and getting dressed) or instrumental activities of daily living (e.g., fixing meals and taking medicines), are isolated or their caregiver is experiencing burden. Through this program Veterans and their caregivers have more choice and control over their long-term care services. Referrals to this program must come through the Central Texas Veterans Health Care. The CTADVRC can provide information about the program and its services.

Veterans Directed Respite Program (VD-Respite)

Veteran-Directed Respite program gives Post 9-11 Veterans who are utilizing the Post 9-11 Caregiver Stipend Program the opportunity to receive consumer-directed Respite Services. VD Respite care is for Veterans who have family caregivers in need of respite. Veterans in this program receive a flexible budget for respite services that can be managed by the Veteran or the family caregiver. Referrals for this program must come through the Central Texas Veterans Health Care Service. The CTADVRC can provide information about the program and its services.



IT'S ALL ABOUT **YOUR** **MILITARY COMMUNITY**

Operation Family Caregiver

Are you living with a Veteran and struggling with the medical care, appointments and medications schedules? Operation Family Caregiver is a free and confidential program offered through the Rosalynn Carter Institute (RCI), designed to bring problem-solving training and resources to service members and their families. This free program assists with stress management by using problem solving and empowerment tools. We provide caregivers with effective supports to promote caregiver health, skills and resilience.

Please visit our website at www.operationfamilycaregiver.org



It's all about YOU making choices about how and where you will live.

Bell County Veteran's Service Office

The Bell County Veterans Service Office is dedicated to assisting Veterans and other eligible persons of Bell County with obtaining department of Veteran's Affairs benefits.

The goal of this office is to educate Veterans about the VA and its benefits and to empower the veteran with knowledge in order to make informed decisions and obtain favorable outcomes. Claim assistance is also provided as well as VA Claims training and education.

To schedule an appointment: **254-933-5915**

1-855-937-2372: ADVRC information and services

www.bellcounty.com/departments/veteranservices/index.php

1-855-937-2372 1-800-447-7169

www.ctadvrc.org

www.aaact.org

www.mybaseguide.com



MyBaseGuide

Mobile App



IT'S ALL ABOUT **YOUR TRAINING**

The Central Texas Aging, Disability & Veterans Resource Center's **Center for Caregiver Excellence** provides the unique Schmieding Caregiver Training for family caregivers and the community home caregiver workforce.

The Schmieding Home Caregiver Training Program educates individuals to care for older adults in the home. Whether your goal is to work as a paid caregiver or help care for an older family member we want to help.

Our training program emphasizes a holistic approach to caring for older adults using the 3 H's (Heart, Head and Hands) approach to caregiver education. We believe well trained home caregivers must possess a combination of skills, have knowledge of safe practice standards, and be sensitive to the individualized needs of older adults and their families.

Instructors for the program are licensed nurses, selected for their knowledge and experience in home care. Instructors use a variety of interactive teaching methods to enhance the learning experience and are committed to training high quality home caregivers. All of these things, combined with low student-teacher ratios, result in what we believe to be unsurpassed quality training.

Schmieding training courses cover elder care from minimal need with supervision of the elder, to care for those who need maximum assistance. A special course on Alzheimer's and other Dementias is available. If you are caring for an elder who needs special advocacy assistance we provide the Family Care Advocate training.

Low cost loans are available for those who need financial assistance to attend the Schmieding courses.

Center staff is available to provide further information and resources pertaining to elder caregiving fitted to your needs and preferences.

1-855-937-2372

1-800-447-7169

www.aaact.org

www.ctadvrc.org

www.schmiedingcenter.org



IT'S ALL ABOUT
COMMUNITY PARTNERS



254-200-2003 • 1-800-460-8801 ext. 2003 • www.experienceworks.org



866-372-5167 ext. 252 or 255 • www.hccaa.com



www.TSA-L.com



1-800-725-9216 • www.tmf.org

IT'S ALL ABOUT
COMMUNITY PARTNERS



Injury
Prevention
Program

www.sw.org

**SAFE
K:DS
MID-TEXAS**



254-724-6330 • www.swchildrens.org/stop-child-abuse

Our Mission

To serve as an advocate for children and resource to families and our community through education, prevention and community partnerships to stop child abuse and neglect in Central Texas.

IT'S ALL ABOUT
COMMUNITY PARTNERS



254-865-8251 • www.cmhos.org



254-386-1600 • www.hamiltonhospital.org



512-446-4500 • www.lrhealthcare.com



254-526-7523 • www.mplex.org



512-556-3682 • www.mplex.org

IT'S ALL ABOUT
HEALTHCARE SPONSORS



**Building healthy
communities,**
right here in Texas.



1-888-887-9003



UHCCommunityPlan.com

 **UnitedHealthcare**
Community Plan